

### **ABSTRACT OF THE INVENTION**

A torqued, error proofed for installation, chuck free helical head restraint guide that is either dual-locking or single-locking depending on consumer desires or manufacturer's specification. This invention relates to a head restraint guide, which  
5 reduces chuck and can carry a higher load carrying capability. This invention also allows for easier installation/removal or repair of the head restraint guide, which reduces time in repairing or installing and lowers costs for manufacturers.